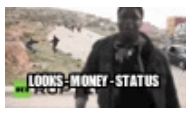


just a daily reminder about body

Thread Modes




heilsa

Offline

Mega Super Poster

★★★★★

 BIRD

Posts: 3,008

Threads: 98



Joined: Jun 2015

Reputation: 20

07-19-2015, 03:16 PM

#1

1. frame(aka bones) is everything





TOBY HARRISON PHOTOGRAPHY

<http://www.weightrainer.net/bodypred.html>

2. according to women this is the ideal body



3. face is way more important than body

Quote:

<http://www.psypost.org/2010/07/face-more...eness-1069>

This is especially valid for the mens attractivness. for the womans attractivness the body plays an more important role. this mean just because you would prefer an high e slut with 8/10 body and an 6/10 face over an skinny model with not tits but an 8/10 face, this cant be projected to what are women attracted to.

<http://planetearth.nerc.ac.uk/news/story...eConsent=A>

women prefer this guy



over this guy all the time



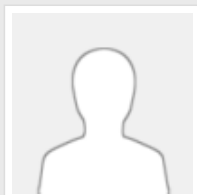
Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



Find

Reply



irl_reject Offline
Newbie

Posts: 11
Threads: 1
Joined: Jul 2015
Reputation: 0

Find

07-19-2015, 03:22 PM

#2

agree~

Reply

TheBigBadWolf

Offline
Member



Posts: 50
Threads: 17
Joined: Jul 2015
Reputation: 0

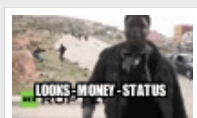
Find

07-19-2015, 03:23 PM

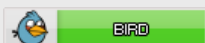
#3

Framecel

Reply



heilsa Offline
Mega Super Poster



Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20

07-19-2015, 03:45 PM

#4

sticky this

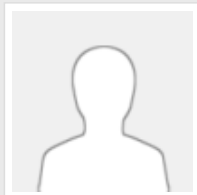
Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



Find

Reply



workconfidence

Offline
Newbie

Posts: 48
Threads: 1
Joined: Jul 2015
Reputation: 0

Find

07-19-2015, 03:49 PM

#5

Good body will always complement an attractive face. Period.

Reply



Yanis Varoufakis

Offline
Super Poster



Posts: 1,024
Threads: 166
Joined: Jul 2015
Reputation: 441
Dates: 3
Kisses: 1
Slay Count: 1
Relationships: Zero

Find

07-19-2015, 03:52 PM

#6

just be more confident :bigsmile:

Reply



BIGPIG

Offline
Member



Posts: 112
Threads: 17
Joined: Jul 2015
Reputation: 0

Find

07-19-2015, 03:54 PM

#7

Lmao, women don't know/care about what they want.

Get Brad pitt's body and have a bunch of women say you're "too skinny" because they never see you without a shirt

Reply

26 captures

29 Oct 2015 - 5 Sep 2017

07-19-2015, 03:59 PM



heilsa Offline
Mega Super Poster



Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20

BIGPIG Wrote: ➡

(07-19-2015, 03:54 PM)

Lmao, women don't know/care about what they want.

Get Brad pitt's body and have a bunch of women say you're "too skinny" because they never see you without a shirt

if you dont have the frame to look decent with that kind of body i might have bad news for you

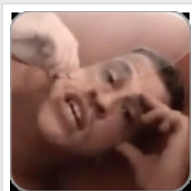
Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



Find

Reply



The German Dream

Offline
Legend



Posts: 1,520
Threads: 18
Joined: Jul 2015
Reputation: 140

Find

07-19-2015, 04:26 PM

#9

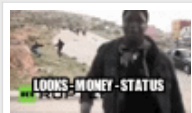
JUST LOL@ having a sick body with a subhuman face 🤔🤔🤔
it looks so incredibly pathetic...it literally reeks of desperation and compensation 🤔
just LOL buddy boyos

Decay.

*Is there dignity in living life as an entity?
Born into ruin, we feel withdrawal
Subhumanity is poison
And we are lost without a cure
We are not fit to walk amongst them
Eventually this is something we must accept
The world moves on without us
And only the grave welcomes us with open arms
So pray for your rebirth
Pray for another chance to bloom
While the rats will feed off of our failure
We wither away rotted from the core
Welcome to your new home*

[img=0x188]http://31.media.tumblr.com/tumblr_m1bdtzt96X1qmyzc7.gif[/img]

Reply



07-20-2015, 05:20 PM

#10

bumb because its necessary



BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20



404 - image not found!
The url you entered is invalid
or expired.
ezgif.com

NormalfagsPissMeOff

Colez Biker Gang

Masculinity Crew

Posts: 6,345
Threads: 295
Joined: Jul 2015
Reputation: 1,137
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Slay Count: 1
Relationships: Zero



Quote:

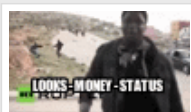
This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



07-28-2015, 10:25 AM

#11

There is still no excuse to be skinnyfat



heilsa Offline
Mega Super Poster



BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20

10-17-2015, 07:58 PM

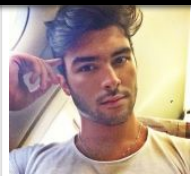
#12

[Image: vDugUXn.gif]

Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.





Dark latino

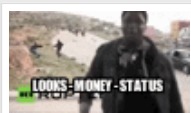
Mega Super Poster



Posts: 2,815
Threads: 449
Joined: Aug 2015
Reputation: 256



LOL Jacked body on men=big tits+big ass on women



heilsa

Offline

Mega Super Poster



BIRD

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20



11-15-2015, 04:25 PM

#14

Dark latino Wrote:

(11-15-2015, 04:22 PM)

LOL Jacked body on men=big tits+big ass on women

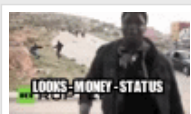
Quote:

This is especially valid for the mens attractiveness. for the womans attractiveness the body plays an more important role. this mean just because you would prefer an high e slut with 8/10 body and an 6/10 face over an skinny model with not tits but an 8/10 face, this cant be projected to what are women attracted to.

keep coping.

Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



heilsa

Offline

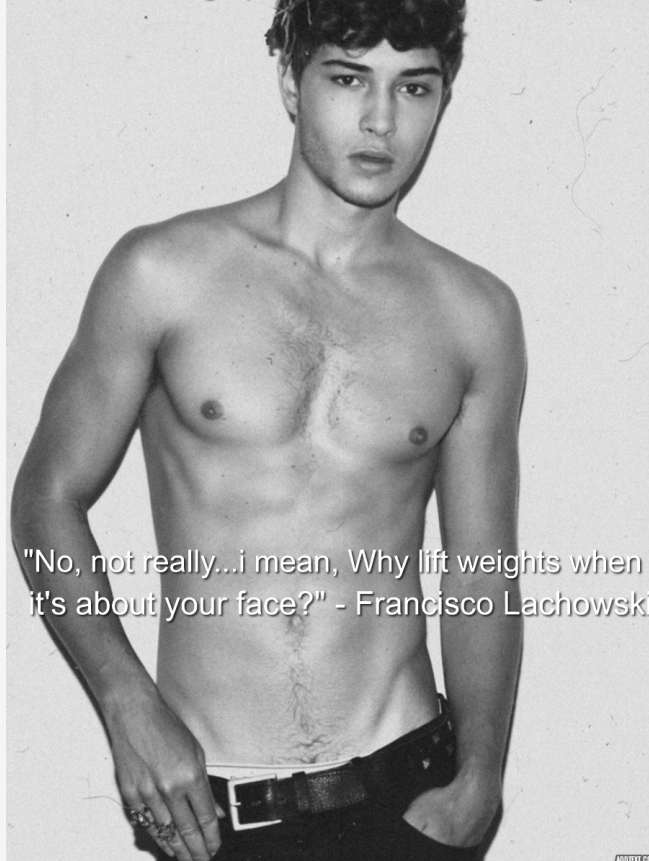
Mega Super Poster

11-20-2015, 10:50 PM

#15

Posts: 3,008
Threads: 98
Joined: Jun 2015
Reputation: 20

"francisco, have you ever thought
about bulking up?" - Interview in Prague 2009



"No, not really...i mean, Why lift weights when
it's about your face?" - Francisco Lachowski

Quote:

This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



Find

Reply



Temoc Offline
Senior Member

11-21-2015, 07:54 AM

#16

deadinsidedeadoutside Wrote: →

(07-19-2015, 04:01 PM)

if you have an average face, but large frame, working out will only help you

It is more about frame proportions, brad pitt frame is small but it is well proportioned, his wrists are also kinda thin. You don't see girls masturbating to Pudzianowski or the mountain dude



Most would prefer Pascal(on the left), but look how much broader his shoulders are compared to his hips

You need shoulders broader than your hips, that is the most important if you're playing body game

Some hope for hipcels



Scum Offline
Senior Member



Posts: 972
Threads: 338
Joined: Nov 2015
Reputation: **129**
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: Zero



11-22-2015, 07:32 AM (This post was last modified: 11-23-2015, 02:20 AM by Scum.)

#17

X



paulus Offline
Monster Poster

12-09-2015, 01:14 PM

#18

BlazeATrail Wrote: →

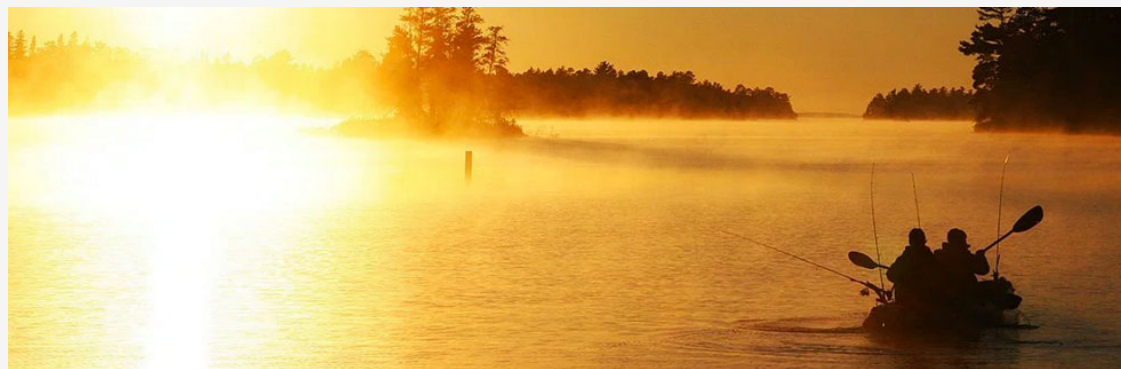
(12-09-2015, 12:55 PM)

Lol No wonder there is so much denial - at least 60% of the forum are all gymcelling.

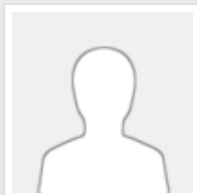
You know what's funny? It's actually 10x easier and quicker to get in shape doing something like boxing, swimming and running, as oppose to "bodybuilding" which takes years and on top of that you have to train each body part separately "to get big", *when girls don't even care if you are "big"*.

To top it all off, it's very unsociable. Probably why most incels like it actually.

Posts: 9,043
Threads: 368
Joined: Dec 2015
Reputation: **3,780**



The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU



Shiv Offline
Newbie

Posts: 25
Threads: 2
Joined: Mar 2016
Reputation: **0**



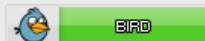
03-02-2016, 06:31 PM

#19

legit



paulus Offline
Monster Poster



Posts: 9,043
Threads: 368
Joined: Dec 2015
Reputation: **3,780**

03-03-2016, 02:37 PM

#20

Milhouse's small calves





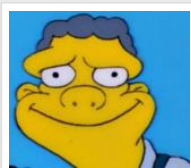
The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU



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Reply



MENTAL_CEL Offline

Mega Super Poster



AUTIST

Posts: 2,526
Threads: 238
Joined: Jan 2016
Reputation: **940**



Find

03-04-2016, 07:54 PM

#21

legit.

But you should still lift and maintain low bodyfat (less than 13%)

Doesn't mean you have to gymcell. Just maintain decent mass and low bodyfat, which is definitely important.

smellysocks Wrote: →

(06-06-2016, 09:04 PM)

it's literally no different than sub8s in the dating market, it's a grind right from the get go if you have no social connections or in the case of dating, social circle

Just like how women have high standards for random hookups, employers have ridiculous standards of random entry level applicants



Reply



paulus Offline

Monster Poster



BIRD

Posts: 9,043
Threads: 368
Joined: Dec 2015
Reputation: **3,780**



Find

04-01-2016, 04:08 PM

#22

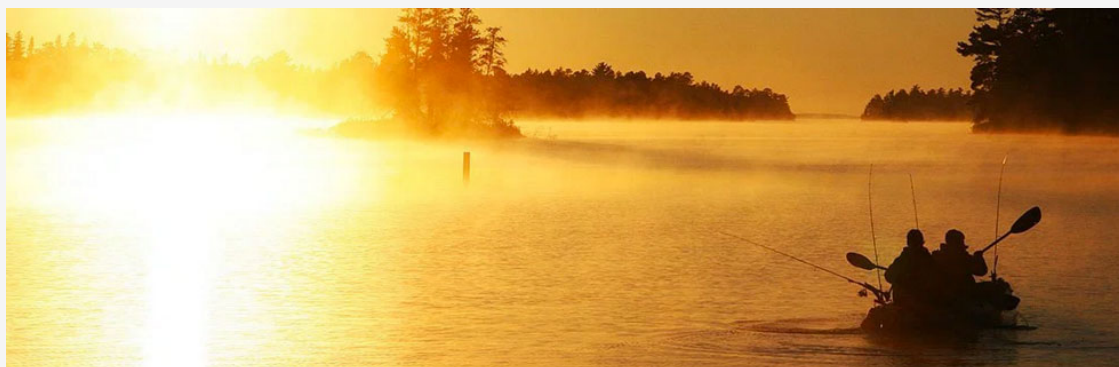
Anonymous 07/23/15(Thu)11:29:26 No.33437669 ▶

Maybe she just knows someone bigger than you

I was in the same position than you a few years back. I wanted a girl, started lifting for her while other dudes were fucking her, got fit, got big, asked her for a date, she said no. What was my decision? To get even bigger, 185cm and 120kg to be more precise.

I asked her again to go on a date with me. Her answer? Still no but i was so big that i was able to rape her and threat all her family if she ever told the police about it.

When God closes you a door he also opens a window. Sometimes the more obvious solution is not the best one



The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU



Reply

26 captures

29 Oct 2015 - 5 Sep 2017



Ascent Offline
Super Poster



AUTIST

Posts: 1,242
Threads: 34
Joined: Dec 2015
Reputation: **846**

Anonymous 07/23/15(Thu)11:29:26 No.33437669 ▶

Maybe she just knows someone bigger than you

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When God closes you a door he also opens a window. Sometimes the more obvious solution is not the best one



Idiot gymcels.



Find

Reply



paulus Offline
Monster Poster



BIRD

Posts: 9,043
Threads: 368
Joined: Dec 2015
Reputation: **3,780**

04-11-2016, 06:50 PM

#24

Die Demislayer Wrote: →

(04-11-2016, 04:02 PM)

lifting_will_ruin_yr_life_srs Wrote: →

(10-27-2015, 11:29 AM)

Lifting, in this case meaning total immersion in the online lifting community, OLC, including all dietary concerns and so on)

Not a wholly incorrect way of looking at it. If I hadn't have got into lifting (around age 14) would I just have found some other aspie pursuit to devote my life to? Possibly, who's to say? Looking back now I can maybe see signs of being a bit odd before then, but I wasn't that bad - I used to hang out with friends and talk to girls (in a fairly innocent, inexperienced way), did some sports and was "popular" at school. It's impossible to know how I'd have turned out.

Lifting was a huge part of my life for 10-12 years so I have a lot to say about it, but here are some random thoughts I'll just blurt out:

- > I thought drinking was insanely unhealthy and would absolutely ruin me, so I never drank
- > As such, I had zero social life through university
- > Avoid all social events in order to eat properly
- > Panic about food contents, can't eat casually with people, need to bring my own
- > Had to rush home to eat a measured amount of white rice after sports training while the lads went

> OLC filters for the most obsessed aspie lifters in the world, so forums just f... these ideas
and encourage each other (sound familiar?)

- > constant exposure to people online with elite genetics and/or folding their brains out, totally false expectations of gains
- > ruin body with chronic overtraining trying to achieve impossible results
- > srsly v serious overtraining
- > didn't get morning wood for about ten years, thought it was normal
- > making your whole body sore as fuck multiple times per week for years on end = incredible amount of chronic stress
- > low energy, low mood, makes you withdrawn as fuck
- > joint damage and permanent injuries
- > physique looks retarded anyway
- > borderline eating disorder, still haven't recovered, can never see food in normal way again
- > develop the idea that making things hard (therefore achieving less per effort) is honourable and correct. Very hard to shake it, comes to affect rest of life)
- > develop the idea that you're never "ready", need to get bigger, leaner and/or stronger and THEN can go to that party you were invited to eight years ago and people will like you.

When I finally "stopped" lifting a couple of years ago I fucked 20 girls in about 8 months. I'm on 22 for this year so far. I started getting morning wood again and chit was so different.

fuck knows - I took it to a severe extreme that I can't really express here, it was my whole life. More devoted than most pro athletes (they take it pretty easy, which is the key) and all of every day revolved around lifting and related activities. You only have so much energy to use and spending it all on recreational lifting of weights is utterly retarded, you'll just slump in your room the rest of your time with no balls.

I could talk about it for hours but basically if someone really wants to get into lifting then I would tell them:

- > If you do it properly, you'll get all your gains within a couple of years at most. After that, back off massively. Gains aren't easily lost (if at all).
- > Being "big" makes you look like shit in most clothes, you shouldn't hope for it.
- > Avoid thinking/reading/talking about lifting except when you're actually doing it.
- > Don't change your diet unless you currently eat really badly. Normie diets are GOAT for slaying, just let your appetite naturally increase if it wants to.
- > Pride is temporary, pain is forever - injuries are never worth it at this level. Lifting "heavy" (for your ability level) is tempting but foolish.
- > Lifting will probably make you worse at IRL sports, especially if you're not naturally suited to it.

People can "lift" and still have normal social lives, loads of uni lads pop to the gym before a night out or something. No problem. But you can not ***LIFT*** and still be OK. If you go on a forum about something, immediately you've lost and you need help.

Which comes back to what the fag said above ^ about it being an aspie problem, not a lifting problem. Quite possibly, so I want to warn these other aspies that lifting and the OLC is probs the most tempting and addictive black hole of problems they could find. Please stay safe.

It all depends how you use it. Many people would say that alcohol has ruined their lives, right? But for me right now it's doing the opposite. *shrug*

Fucking pat on the back, brother

I wish I had fucking known. If only I had motherfucking known.

<http://lookism.net/Thread-lifting-will-r...in-my-life>



The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU



Jawanomics Offline

Monster Poster



Posts: 7,970

Threads: 561

Joined: Jul 2015

Reputation: **3,120**

04-18-2016, 01:57 PM

#25

heilsa Wrote: →

(07-19-2015, 03:16 PM)

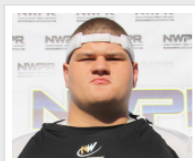


This guy has potential if he does 3 things...gains weight, uses latisse on eyebrows, grows a beard/stubble. He probably needs lifts as well.



Find

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smellysocks Offline
cock guy



Posts: 7,885
Threads: 261
Joined: Sep 2015
Reputation: **8,359**

Find

04-24-2016, 12:04 AM

#26

being lean is legit though...

mainly because it helps your face 🙄

incelsneed2die Wrote: ➡

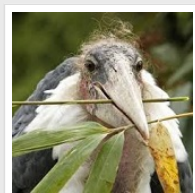
(11-20-2015, 04:38 PM)

You need a huge cock to even get them to remember you as anything but another *faceless cuckold*.

How does it feel that women remember being screwed by Chad's massive Coke can dong just as much as they remember the birth of their children, graduating college, and unwrapping their puppy on Christmas?

They remember Chad's cock when they're in the nursing home even if they forget the name of their own kids

Reply



paulus Offline
Monster Poster



Posts: 9,043
Threads: 368
Joined: Dec 2015
Reputation: **3,780**

05-06-2016, 09:20 PM

#27

incelsNeed2die Wrote: ➡

(05-06-2016, 09:07 PM)

smellysocks

Lifters are usually the nerds in the school who got pushed around by chad or watched chad slaying girls from afar and thought "Yeah! I'm gonna get manly! I'm gonna get ripped!"

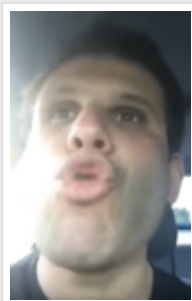
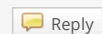
They go to their local YMCA and autistically do a routine like starting strength, with 30 sets of squats and deadlifts, useless exercises that do nothing but wear away at your spinal discs, because, pssssh, those idiot chads doing curls won't have FUNCTIONAL STRENGTH. They autistically count calories or just 'bulk' and get fat. And years later, they still look like bloated pieces of shit, because of their cuckold hormonal profile and inferior bone structure.

Essentially the gymcel tried to build up a shield of meat to compensate for his repulsiveness, but he failed at even that. While chad was going to the gym doing curls and incline bench presses once a week and getting huge because of his high T and superior bones, the incel manlet was squatting, for hours a week, torturing himself for no results.

Like the saying goes, you hit the gym hard, while chad eats pizza.



The bigger the head, the bigger the star...http://youtu.be/qnu_bkvumxU



lookz ●

Ultra Super Poster



ARTIST

Posts: 5,008
Threads: 886
Joined: Jul 2015
Reputation: 381

05-06-2016, 09:23 PM (This post was last modified: 05-06-2016, 09:23 PM by lookz.)

#28





Close enough 🤔

Find

Reply



Iltvyr Offline
Mega Super Poster



Posts: 2,234
Threads: 370
Joined: Jul 2015
Reputation: 459

05-09-2016, 11:30 PM

#29

<https://www.reddit.com/r/LadyBoners/>

are they coping or smth? only muscular men are posted there

Starcrazy Wrote: ➡

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: ➡

(04-11-2016, 06:48 PM)

You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

ethnicslayer Wrote: ➡

(02-04-2017, 04:19 PM)

surgery is the only vitamin

Find

Reply

05-10-2016, 12:00 PM

#30